



## **Reasons Massage Therapists support Licensure of their Profession**

Therapeutic massage becomes a health care profession with defined scope of practice in Michigan under the Public Health Code, instead of adult entertainment.

Eliminate conflicting local licensing requirements, because local massage license ordinances would be superceded, in part because local government is not able to regulate health care professions as well as state government is.

Limit practice of massage to only those individuals licensed to do so, to protect safety of public purchasing massage services.

Existing practitioners could apply for renewable license under “grandfather clause.”

Licensed massage therapists may use their choice of several professional titles reserved exclusively to them. These titles are therefore taken away from persons unlawfully selling sexual services, who can be prosecuted, and their business location closed down, which provides law officers with an additional enforcement tool.

The Public Health Code is amended to create a Massage Therapy Licensure Board to administer details of licensure. That Board will have five Massage Therapists and four public members. There will not be another profession regulating massage.





"Corporatization" of the  
Massage Profession

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Understanding  
Energy in  
Bodywork

Page 11

Core Integrity  
During Pregnancy

Page 17

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# Massage Today

## *Massachusetts Passes Massage Legislation*

Legislature overrides governor's veto;  
state becomes the 37<sup>th</sup> to license  
massage therapists.

See Massachusetts, PAGE 5

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## Massachusetts Passes Massage Legislation

**Legislature overrides governors veto; state becomes the 37th to license massage therapists.**

By Kathryn Feather, Managing Editor



The legislative process can be an arduous one at best, often taking years to get an agenda advanced beyond committee. On June 27, 2006, the massage community in Massachusetts breathed a sigh of relief and took a victory lap as it became the 37th state to enact massage therapy regulation.

The Massachusetts House and Senate both voted to override Gov. Mitt Romney's veto of S.B.2258 to pass the bill, which creates a new state board to regulate Massachusetts' estimated 5,000 massage therapists. The new legislation requires massage therapists to meet certain educational or "hands on" experience requirements in order to be licensed to practice in the state. As the current law stands, the process of regulation is left up to the local boards of health. As of press time, S.B.2258 is set to become law in 90 days, effective in late September 2006.

In section 98 (a), the bill states, "There shall be within the division of professional licensure, a board of registration of massage therapy. The board shall consist of seven members who shall be appointed by the governor for terms of [three] years. The members appointed shall be residents of the commonwealth, three of whom shall be licensed massage therapists who have been actively engaged in the practice of massage therapy in the commonwealth for at least five years immediately before their appointments; one of whom

shall be a health agent, board member or other health professional employed by or elected to a municipal board of health within the commonwealth; one of whom shall be an individual who is actively engaged in the operation of a licensed massage school; and two of whom shall be consumers who are familiar with the massage therapy field.”

The duties of the board include adopting “rules and regulations governing the licensure of massage therapists, the practice of massage therapy and the operation of massage schools to promote public health, welfare and safety of citizens of the commonwealth, to establish standards for continuing education reflecting acceptable national standards and to investigate complaints, conduct inspections, review billing and treatment records and set and administer penalties as defined ... for fraudulent, deceptive or professionally incompetent and unsafe practices and for violations of rules and regulations promulgated by the board.”

The bill also authorizes the board to make public a list of licensed massage therapists, as well as to publish a code of ethics. The bill spells out several definitions regarding the profession and defines massage as “the systematic treatment of the soft tissues of the body by the use of pressure, friction, stroking, percussion, kneading, vibration by manual or mechanical means, range of motion for purposes of demonstrating muscle excursion or muscle flexibility and nonspecific stretching. Massage therapy may include the use of oil, ice, hot and cold packs, tub, shower, steam, dry heat or cabinet baths, in which the primary intent is to enhance or restore the health and well-being of the client.” The bill also defines what massage is not: “Massage therapy shall not include diagnosis, the prescribing of drugs or medicines, spinal or other joint manipulations, nor any services or procedures for which a license to practice medicine, chiropractic, occupational therapy, physical therapy or podiatry is required by law.”

A licensed massage school is defined as “a facility which is licensed by the board after meeting minimum standards for training and curriculum.” A massage therapist or practitioner is defined as “a person licensed by the board who instructs or administers massage or massage therapy for compensation.”

S.B.2258 does make provisions for current practitioners. Therapists currently working in the state, have until approximately April 30, 2008, to qualify for a license under the grandfathering provision established within the bill. Current practitioners will be required to complete an application, pay all necessary licensing fees, provide proof of liability insurance and satisfy one of the following additional requirements:

- Practitioners must provide documentation acceptable to the board demonstrating that the applicant has performed at least 500 hours of massage to the public for compensation.
- Practitioners must be authorized to practice massage therapy by the municipal board of health within the commonwealth, with the authorization being valid within two years of the application date.
- Practitioners must have passed a board-approved exam administered by a national organization.

However, licenses will not be issued until a board is appointed and rules are drafted. New massage therapy practitioners must satisfy the following requirements in order to qualify for licensure:

- Must be at least 18 years old and possess a high school diploma or equivalent.
- Must present two professional letters of reference, with at least one being from an employer or professional in the massage therapy or medical field.
- Must have good moral character as determined by the board.
- Must complete a course of study consisting of 500 hours at a licensed massage school.
- Must not have been convicted of a sexually-related crime or a crime involving moral turpitude in any jurisdiction in the past 10 years.
- Must provide proof of liability insurance.

Other practitioners will be exempt from the regulations spelled out in S.B.2258, as long as they do not hold themselves out to be massage therapists. Exemptions include anyone who uses touch, words or directed movement to deepen awareness of patterns of movement in the body, or the affectation of the human energy system or acupoints or *qi* meridians of the human body, while engaged within the scope of practice of a profession with established standards and ethics; such services will not be designated or implied to be massage or massage therapy. The practices covered in the above exemption include, but are not limited to, the Feldenkrais method, reflexology, the Trager approach, ayurvedic therapies, Rolf structural integration, polarity or polarity therapy, polarity therapy bodywork, Asian bodywork therapy that does not constitute massage as defined, acupressure, *jin shin do*, *qi gong*, *tui na*, shiatsu, body-mind centering and reiki. Exempt practitioners who fall under the above guidelines may use the terms “bodywork,” bodyworker” and “bodywork therapist.”

Massachusetts massage therapists interested in applying for an appointment to the Board of Registration of Massage Therapy within the Division of Professional Licensure can send a resume and cover letter specifying the board of interest to:



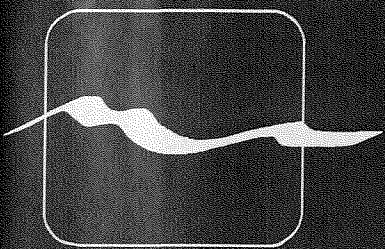
Stephen J. Nemmers, PhD, Deputy Director  
Massachusetts Division of Professional Licensure  
239 Causeway Street  
Boston, Massachusetts 02114

To view the text of S.B.2258, visit the Web page for the 184<sup>th</sup> General Court of the Commonwealth of Massachusetts at [www.mass.gov/legis/legis.htm](http://www.mass.gov/legis/legis.htm).



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<http://www.massagetoday.com/mpacms/mt/article.php?id=13469>



# Important Information for Schools: National Certification Examination for Therapeutic Massage (NCETM)

TO BE IMPLEMENTED JUNE 1, 2005

## WHAT YOU NEED TO KNOW

**B**eginning on June 1, 2005, the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) will be implementing updated eligibility criteria for the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) and establishing a massage-specific exam, the National Certification Examination for Therapeutic Massage (NCETM).

Candidates who apply for National Certification and start their programs of study on or after June 1, 2005 will be reviewed using the new eligibility criteria. Those individuals enrolled in a program prior to June 1, 2005 will be evaluated using NCBTMB's current eligibility criteria.

NCBTMB chose the June 1, 2005 implementation date so that schools and students could have proper time to prepare for these changes. The new exam and the updated eligibility criteria were first announced in January 2004. Subsequently, NCBTMB sent notices of these changes to schools and state massage boards in March 2004. In addition, NCBTMB posted this information on its Web site ([www.ncbtmb.com](http://www.ncbtmb.com)) at that same time.

The revised eligibility criteria for certification reflect the proportions of content as they will appear on the NCETM and the NCETMB. The NCBTMB Job Task Analysis, conducted in 2002, validated the content of these exams.

The development of the NCETM and the NCETMB is in strict compliance with the accreditation guidelines established by the National Commission for Certifying Agencies, the *Standards for Educational*

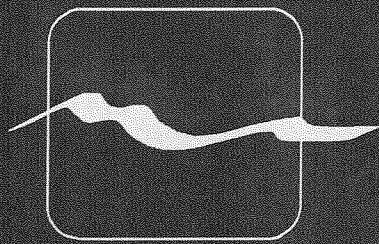
*and Psychological Testing* (American Educational Research Association, American Psychological Association and the National Council for Measurement in Education) and the Equal Employment Opportunity Commission's *Guidelines on Employee Selection Procedures*.

Each of these exams will be available under the National Examination for States Licensing (NESL) option, which is and will remain available to any candidate who does not meet NCBTMB's eligibility criteria to become certified, is not required to become certified or chooses not to become certified. This alternative was adopted because several states utilize the NCBTMB exams, either in statute or rule, but do not require applicants for licensure to become certified by NCBTMB.

Individuals applying the NESL option are required to register for the exams through NCBTMB, pay the appropriate fee and follow NCBTMB's procedures for scheduling an exam appointment. They are able to take the exam to meet a state's requirements regardless of the criteria NCBTMB has adopted for the certification. Once candidates have passed the NCETM or NCETMB, they will be able to have their scores transferred to the regulatory agency of their choice by following the protocol outlined in the *National Certification Examination Candidate Handbook*.

More information about NCBTMB's examination content outline and eligibility criteria follows. Additional copies are available free of charge through the NCBTMB Web site at [www.ncbtmb.com](http://www.ncbtmb.com) or by calling (800) 296-0664.





# NATIONAL CERTIFICATION



## I. General Knowledge of Body Systems (14%)

### A. Anatomy B. Physiology C. Pathology

1. Integumentary (skin)
2. Skeletal
3. Muscular
4. Nervous
5. Endocrine
6. Cardiovascular
7. Lymphatic
8. Urinary
9. Respiratory
10. Gastrointestinal
11. Reproductive

## II. Detailed Knowledge of Anatomy, Physiology, and Kinesiology (26%)

### A. Anatomy

1. Anatomical position and terminology (e.g., planes, directions)
2. Individual muscles/muscle groups
3. Muscle attachments
4. Muscle fiber direction
5. Tendons
6. Fascia
7. Joint structure
8. Ligaments
9. Bursae
10. Dermatomes

### B. Physiology

1. Response of the body to stress
2. Basic nutrition principles

### C. Kinesiology

1. Actions of individual muscles/muscle groups
2. Types of muscle contractions (e.g., concentric, eccentric, isometric)
3. Joint movements
4. Movement patterns
5. Proprioception

## III. Pathology (14%)

### A. Medical terminology

### B. Etiology of disease

### C. Modes of contagious disease transmission (e.g., blood, saliva)

### D. Signs and symptoms of disease

### E. Psychological and emotional states (e.g., depression, anxiety, grief)

### F. Effects of life stages (e.g., childhood, adolescence, geriatric)

### G. Effects of physical and emotional abuse and trauma

### H. Factors that aggravate or alleviate disease (e.g., biological, psychological, environmental)

### I. Physiological healing process

### J. Indications and contraindications/cautions

### K. Principles of acute versus chronic conditions

### L. Stages/aspects of serious/terminal illness (e.g., cancer, AIDS)

### M. Basic pharmacology

#### 1. Prescription medications

#### 2. Recreational drugs (e.g., tobacco, alcohol)

#### 3. Herbs

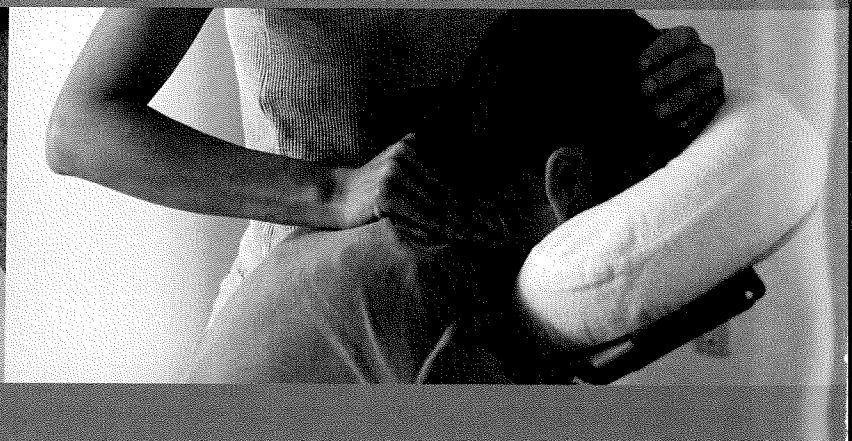
#### 4. Natural supplements

### N. Approaches used by other health professionals



# CATION EXAMINATION FOR THE

## Content Outline (with percentage weights of major content)



### IV. Therapeutic Massage Assessment (16%)

- A. Assessment methods (visual, palpatory, auditory, olfactory, intuitive)
- B. Assessing range of motion
- C. Assessment areas (soft tissues and bony landmarks, endangerment sites, trigger points, adhesions, lymphatic edema, pulse rate)
- D. Holding patterns (e.g., guarding, muscle/fascial memory)
- E. Posture analysis
- F. Structural and functional integration
- G. Ergonomic factors
- H. Effects of gravity
- I. Proprioception of movement

### V. Therapeutic Massage Application (24%)

- A. Theory
  - 1. Effects/benefits of massage/bodywork (physiological, emotional/psychological)
- B. Methods and Techniques
  - 1. Client draping and positional support techniques
  - 2. Hydrotherapy/ hydromassage application
  - 3. Stress management and relaxation techniques
  - 4. Self-care activities for the client to maintain health (e.g., stretching, swimming)
  - 5. Principles of holistic practice/approach
  - 6. Postural balancing
  - 7. Use of massage tools
  - 8. Enhancing client's kinesthetic awareness
  - 9. Joint movement techniques
  - 10. Static touch/holding
  - 11. Techniques/strokes (compression/ palming, cupping, flicking, friction, gliding, hair pulling, jostling, kneading, percussion, pinching, rocking, shaking, skin rolling, torquing, traction, vibration)

- 12. Stretching (e.g., active stretching, passive stretching, resisted stretching, cross-directional stretching, Proprioceptive Neuromuscular Facilitation [PNF], Muscle Energy Technique [MET], reciprocal inhibition, Active Isolated Stretching [AIS])

### 13. Aromatherapy

### 14. Topical analgesics

### 15. Gauging pressure as appropriate

### 16. Practitioner body mechanics

### 17. Standard Precautions

### 18. CPR/first aid

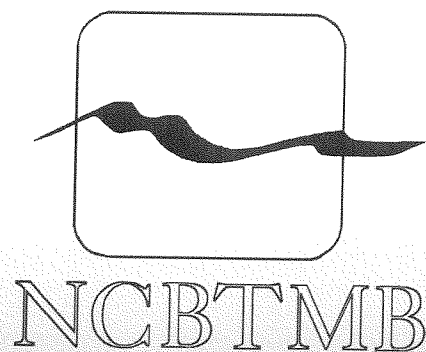
### VI. Professional Standards, Ethics, Business and Legal Practices (6%)

- A. Maintaining professional boundaries while responding to client's emotional needs
- B. Client interviewing techniques
- C. Communication with other health professionals
- D. When to refer clients to other health professionals
- E. Verbal and nonverbal communication skills
- F. NCBTMB Code of Ethics and Standards of Practice
- G. Issues of confidentiality
- H. Legal and ethical parameters of scope of practice
- I. Basic psychological and physical dynamics of practitioner/client relationship
- J. Planning strategies for single and multiple sessions
- K. Session record keeping practices
- L. Basic business and accounting practices
- M. Outsourcing business needs (e.g., insurance billing, bookkeeping)
- N. Regulations pertaining to income reporting
- O. Need for liability insurance
- P. State and local credentialing requirements
- Q. Legal entities (e.g., independent contractor, employee)



## **MISSION:**

**The National Certification Board for Therapeutic Massage and Bodywork's mission is to foster high standards of ethical and professional practice in the delivery of services through a credible, recognized credentialing program that assures the competency of practitioners of therapeutic massage and bodywork.**



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**NATIONAL CERTIFICATION BOARD FOR THERAPEUTIC MASSAGE AND BODYWORK**

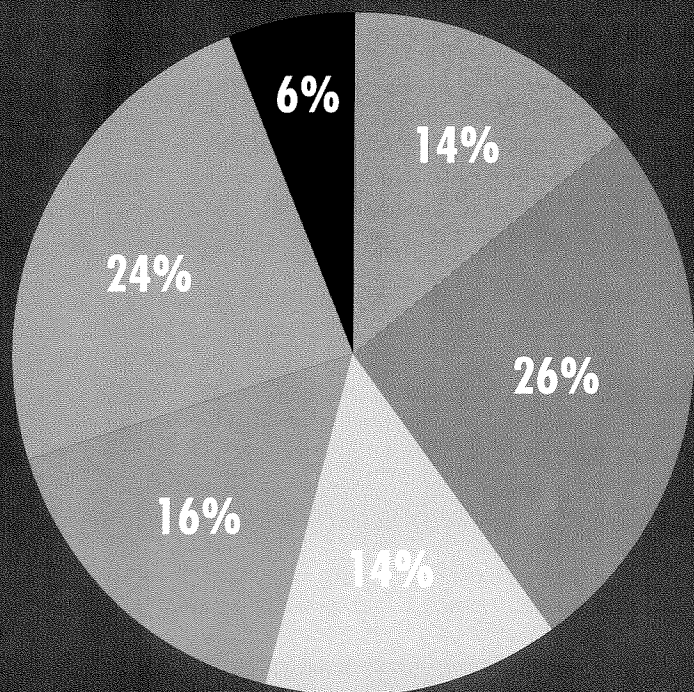
1901 S. Meyers Road, Suite 240 • Oakbrook Terrace, IL 60181  
1-800-296-0664 • (630) 627-8000 • Fax: (866) 402-1890

e-mail: [info@ncbtmb.com](mailto:info@ncbtmb.com)



# THERAPEUTIC MASSAGE

(areas)



## CONTENT OUTLINE

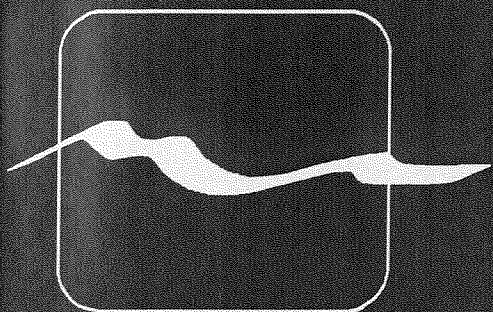
- General Knowledge of Body Systems
- Detailed Knowledge of Anatomy, Physiology, and Kinesiology
- Pathology
- Therapeutic Massage Assessment
- Therapeutic Massage Application
- Professional Standards, Ethics, Business and Legal Practices

## Eligibility Criteria to take the National Certification Examination for Therapeutic Massage (NCETM)

To be considered eligible to take the NCETM or the NCETMB, a candidate must have:

- A minimum of 500 hours of in-class, supervised instruction, broken down as follows:
  - 125 hours of in-class, supervised instruction in the body's systems and anatomy, physiology and kinesiology
  - 200 hours of in-class, supervised instruction in massage and bodywork assessment, theory and application
  - 40 hours of in-class, supervised instruction in pathology
  - 10 hours of in-class instruction in business and ethics (a minimum of 6 hours in ethics)
  - 125 hours of additional in-class, supervised instruction in an area or related field that theoretically completes your massage program of study.
- Graduated from a school that is approved to provide massage therapy and/or bodywork training in the state in which it is located.





# DEVELOPMENT OF A NEW CREDENTIAL

## Background

To ensure the integrity and validity of The National Certification Examination for Therapeutic Massage (NCETM), the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) commissioned a job analysis for therapeutic massage and bodywork professionals. NCBTMB worked with The Chauncey Group International® (Chauncey Group®), to conduct the study during 2001-2002.

The job analysis procedure was designed to obtain descriptive information about the tasks therapeutic massage and bodywork practitioners perform on the job and the knowledge/skills needed to adequately perform those tasks. The purpose of the job analysis was to:

- develop a list of the important tasks and knowledge/skills needed to perform therapeutic massage and bodywork;
- develop test specifications for the National Certification Examination (NCE-level examination);
- obtain useful information that can guide professional development initiatives for therapeutic massage and bodywork professionals; and
- ensure that NCBTMB has up-to-date information about expected changes in therapeutic massage and bodywork professional work over the next few years.

## Job Analysis

The job analysis consisted of several activities: survey development, survey dissemination, compilation of survey results and test specifications development. The successful outcome of the study was dependent on the excellent information provided by therapeutic massage and bodywork professionals.

## Survey Development

Survey research is an efficient and effective way to identify the tasks and knowledge that are important to the work performed by large numbers of therapeutic massage and bodywork professionals.

The development of the survey was based on information from a number of sources:

- NCBTMB provided Chauncey Group® with the previous job analysis study conducted in 1997. Chauncey Group® used this information to develop a preliminary list of tasks and knowledge/skills
- Telephone interviews with therapeutic massage and bodywork professionals who reviewed and commenced work on the preliminary listing of the tasks and knowledge/skills

- A task force committee comprised of therapeutic massage and bodywork professionals who reviewed and revised the preliminary list of tasks and knowledge/skills and the first draft of the Therapeutic Massage and Bodywork Professionals survey
- Therapeutic massage and bodywork professionals who completed the pilot version of the survey to ensure that the document was clearly written and comprehensive in content

## Survey Content

The survey consisted of six sections:

1. Tasks
2. Knowledge/Skills
3. Recommendation for Test Content
4. Bodywork Approaches
5. Background and General Information
6. Comments

## Dissemination of the Job Analysis Surveys

Chauncey Group® printed, assembled, and mailed the surveys in September 2002. A total of 2,335 therapeutic massage and bodywork professionals were invited to complete a survey.

The survey sampling plan was developed to reflect the percentage of NCEs by state. The number of NCEs in a state was divided by the total number of NCEs nationwide. The resulting percentage was used to determine the number of surveys disseminated within a given state.

Each survey packet included a cover letter provided by NCBTMB, a survey, and a postage-paid envelope for returning the completed survey to Chauncey Group®. Participants were mailed a survey completion reminder after the survey was disseminated.

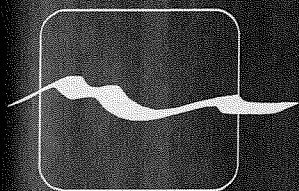
## Test Specifications Development

A Test Specifications Committee was convened in November 2002 to review the job analysis findings and create the test content outline for the NCE-level examination. The new specifications were then used to develop the future version the NCE-level examination.

## Summary

This study took a multi-method approach to identify the tasks and knowledge/skills that are important to the competent performance of therapeutic massage and bodywork professionals. The job analysis process allowed for input from over 500 therapeutic massage and bodywork professionals and was conducted within the guidelines of professionally sound practice. The results of the study were used by NCBTMB to develop the new version of the NCE-level examination and guide professional development initiatives for which the content outline and eligibility criteria follow.





# Important Changes for Schools: National Certification Examination for Therapeutic Massage and Bodywork (NCETMB)

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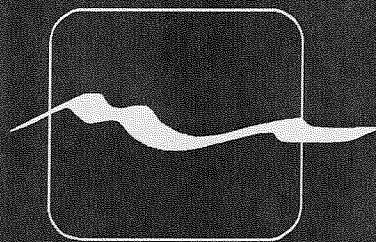
*and Psychological Testing* (American Educational Research Association, American Psychological Association and the National Council for Measurement in Education) and the Equal Employment Opportunity Commission's *Guidelines on Employee Selection Procedures*.

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2. Skeletal
3. Muscular
4. Nervous
5. Endocrine
6. Cardiovascular
7. Lymphatic
8. Urinary
9. Respiratory
10. Gastrointestinal
11. Reproductive
12. Craniosacral
13. Energetic
14. Meridian

## II. Detailed Knowledge of Anatomy, Physiology, and Kinesiology (26%)

### A. Anatomy

1. Anatomical position and terminology (e.g., planes, directions)
2. Individual muscles/muscle groups
3. Muscle attachments
4. Muscle fiber direction
5. Tendons
6. Fascia
7. Joint structure
8. Ligaments
9. Bursae
10. Dermatomes
11. Primary and extraordinary meridians
12. Chakras

### B. Physiology

1. Response of the body to stress

2. Basic nutrition principles

3. Meridians/channels (e.g., bladder, liver, spleen)

### C. Kinesiology

1. Actions of individual muscles/muscle groups
2. Types of muscle contractions (e.g., concentric, eccentric, isometric)
3. Joint movements (e.g., flexion, extension)
4. Movement patterns (e.g., lifting, walking)
5. Proprioception

## III. Pathology (12%)

### A. Medical terminology

### B. Etiology of disease

### C. Modes of contagious disease transmission (e.g., blood, saliva)

### D. Signs and symptoms of disease

### E. Psychological and emotional states (e.g., depression, anxiety, grief)

### F. Effects of life stages (e.g., childhood, adolescence, geriatric)

### G. Effects of physical and emotional abuse and trauma

### H. Factors that aggravate or alleviate disease (e.g., biological, psychological, environmental)

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### J. Indications and contraindications/cautions

### K. Principles of acute versus chronic conditions

### L. Stages/aspects of serious/terminal illness (e.g., cancer, AIDS)

### M. Basic pharmacology

#### 1. Prescription medications

#### 2. Recreational drugs (e.g., tobacco, alcohol)

#### 3. Herbs

#### 4. Natural supplements

### N. Approaches used in Western medicine by other health professionals

### O. Approaches used in Asian medicine by other health professionals

# ON EXAMINATION FOR THERAPEUTIC

## Content Outline (with percentage weights of major content)



#### IV. Therapeutic Massage and Bodywork Assessment (18%)

- A. Assessment methods (visual, palpatory, auditory, olfactory, energetic, intuitive)
- B. Assessing range of motion
- C. Assessment areas (soft tissues and bony landmarks, endangerment sites, trigger points, adhesions, energy blockages, energy channel blockage [Asian], pulse rate, craniosacral pulses, lymphatic edema)
- D. Somatic holding patterns (e.g., guarding, muscle/fascial memory)
- E. Posture analysis
- F. Structural and functional integration
- G. Ergonomic factors
- H. Effects of gravity
- I. Proprioception of position and movement

#### V. Therapeutic Massage and Bodywork Application (22%)

- A. Theory
  - 1. Effects/benefits of massage/bodywork (physiological, emotional/ psychological, energetic)
- B. Methods and Techniques
  - 1. Client draping and positional support techniques
  - 2. Hydrotherapy/ hydromassage application
  - 3. Stress management and relaxation techniques
  - 4. Self-care activities for the client to maintain health (e.g., stretching, swimming)
  - 5. Principles of holistic practice/approach
  - 6. Postural balancing
  - 7. Use of massage and/or bodywork tools
  - 8. Enhancing client's kinesthetic awareness
  - 9. Joint movement techniques
  - 10. Asian energy bodywork
  - 11. Western energy bodywork
  - 12. Static touch/holding
  - 13. Techniques/strokes (compression/palming, cupping, flicking, friction, gliding, hair pulling, hand

rolling, jostling, kneading, percussion, pinching, rocking, shaking, skin rolling, torquing, traction, vibration)

- 14. Stretching (e.g., active, passive, resisted, cross-directional, Proprioceptive Neuromuscular Facilitation [PNF], Muscle Energy Technique [MET], reciprocal inhibition, Active Isolated Stretching [AIS])
- 15. Aromatherapy
- 16. Topical analgesics
- 17. Gauging pressure as appropriate
- 18. Practitioner body mechanics
- 19. Standard Precautions
- 20. CPR/first aid

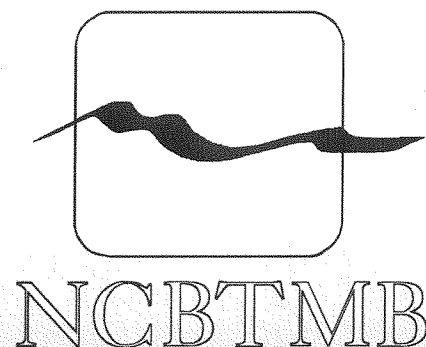
#### VI. Professional Standards, Ethics, Business and Legal Practices (6%)

- A. Maintaining professional boundaries while responding to client's emotional needs
- B. Client interviewing techniques
- C. Communication with other health professionals
- D. When to refer clients to other health professionals
- E. Verbal and nonverbal communication skills
- F. NCBTMB Code of Ethics and Standards of Practice
- G. Issues of confidentiality
- H. Legal and ethical parameters of scope of practice
- I. Basic psychological and physical dynamics of practitioner/client relationship
- J. Planning strategies for single and multiple sessions
- K. Session record keeping practices
- L. Basic business and accounting practices
- M. Outsourcing business needs (e.g., insurance billing, bookkeeping)
- N. Regulations pertaining to income reporting
- O. Need for liability insurance
- P. State and local credentialing requirements
- Q. Legal entities (e.g., independent contractor, employee)



## **MISSION:**

**The National Certification Board for Therapeutic Massage and Bodywork's mission is to foster high standards of ethical and professional practice in the delivery of services through a credible, recognized credentialing program that assures the competency of practitioners of therapeutic massage and bodywork.**



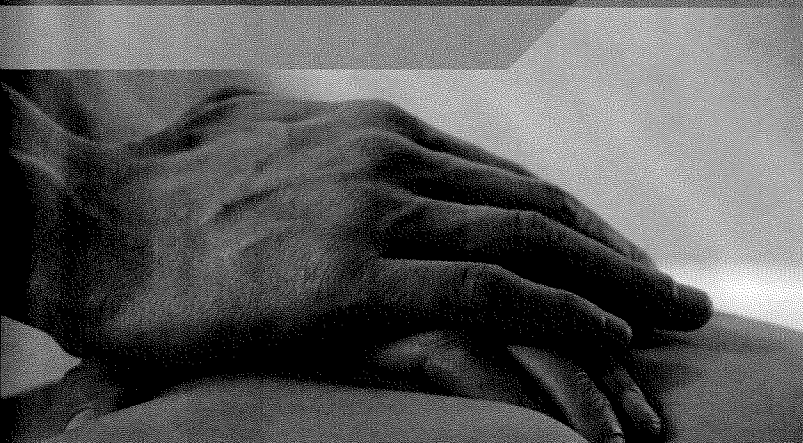
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**NATIONAL CERTIFICATION BOARD FOR THERAPEUTIC MASSAGE AND BODYWORK**

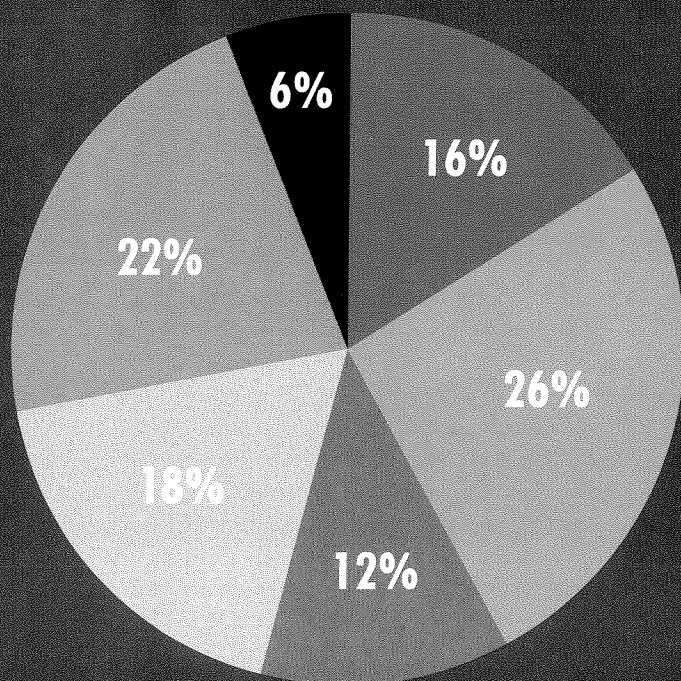
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# MASSAGE AND BODYWORK

(t area)



## CONTENT OUTLINE



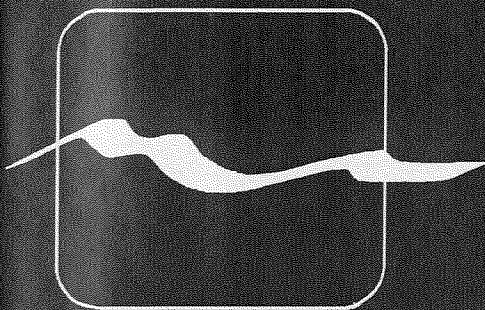
- General Knowledge of Body Systems
- Detailed Knowledge of Anatomy, Physiology, and Kinesiology
- Pathology
- Therapeutic Massage Assessment
- Therapeutic Massage Application
- Professional Standards, Ethics, Business and Legal Practices

## Eligibility Criteria to take the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB)

To be considered eligible to take the NCETM or the NCETMB, a candidate must have:

- A minimum of 500 hours of in-class, supervised instruction, broken down as follows:
  - 125 hours of in-class, supervised instruction in the body's systems and anatomy, physiology and kinesiology
  - 200 hours of in-class, supervised instruction in massage and bodywork assessment, theory and application
  - 40 hours of in-class, supervised instruction in pathology
  - 10 hours of in-class instruction in business and ethics (a minimum of 6 hours in ethics)
  - 125 hours of additional in-class, supervised instruction in an area or related field that theoretically completes your massage program of study.
- Graduated from a school that is approved to provide massage therapy and/or bodywork training in the state in which it is located.





# DEVELOPMENT OF NEW AND UPDATED CRITERIA

## Background

To maintain the integrity and validity of The National Certification Examination for Therapeutic Massage and Bodywork (NCETMB), the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) commissioned a job analysis for therapeutic massage and bodywork professionals. NCBTMB worked with The Chauncey Group International® (Chauncey Group®), to conduct the study during 2001-2002.

The job analysis procedure was designed to obtain descriptive information about the tasks therapeutic massage and bodywork practitioners perform on the job and the knowledge/skills needed to adequately perform those tasks. The purpose of the job analysis was to:

- develop a list of the important tasks and knowledge/skills needed to perform therapeutic massage and bodywork;
- develop test specifications for the National Certification Examination (NCE-level examination);
- obtain useful information that can guide professional development initiatives for therapeutic massage and bodywork professionals; and
- ensure that NCBTMB has up-to-date information about expected changes in therapeutic massage and bodywork professional work over the next few years.

## Job Analysis

The job analysis consisted of several activities: survey development, survey dissemination, compilation of survey results and test specifications development. The successful outcome of the study was dependent on the excellent information provided by therapeutic massage and bodywork professionals.

## Survey Development

Survey research is an efficient and effective way to identify the tasks and knowledge that are important to the work performed by large numbers of therapeutic massage and bodywork professionals.

The development of the survey was based on information from a number of sources:

- NCBTMB provided Chauncey Group® with the previous job analysis study conducted in 1997. Chauncey Group® used this information to develop a preliminary list of tasks and knowledge/skills
- Telephone interviews with therapeutic massage and bodywork professionals who reviewed and commenced work on the preliminary listing of the tasks and knowledge/skills

- A task force committee comprised of therapeutic massage and bodywork professionals who reviewed and revised the preliminary list of tasks and knowledge/skills and the first draft of the Therapeutic Massage and Bodywork Professionals survey
- Therapeutic massage and bodywork professionals who completed the pilot version of the survey to ensure that the document was clearly written and comprehensive in content

## Survey Content

The survey consisted of six sections:

1. Tasks
2. Knowledge/Skills
3. Recommendation for Test Content
4. Bodywork Approaches
5. Background and General Information
6. Comments

## Dissemination of the Job Analysis Surveys

Chauncey Group® printed, assembled, and mailed the surveys in September 2002. A total of 2,335 therapeutic massage and bodywork professionals were invited to complete a survey.

The survey sampling plan was developed to reflect the percentage of NCEs by state. The number of NCEs in a state was divided by the total number of NCEs nationwide. The resulting percentage was used to determine the number of surveys disseminated within a given state.

Each survey packet included a cover letter provided by NCBTMB, a survey, and a postage-paid envelope for returning the completed survey to Chauncey Group. Participants were mailed a survey completion reminder after the survey was disseminated.

## Test Specifications Development

A Test Specifications Committee was convened in November 2002 to review the job analysis findings and create the test content outline for the NCE-level examination. The new specifications were then used to develop the future version the NCE-level examination.

## Summary

This study took a multi-method approach to identify the tasks and knowledge/skills that are important to the competent performance of therapeutic massage and bodywork professionals. The job analysis process allowed for input from over 500 therapeutic massage and bodywork professionals and was conducted within the guidelines of professionally sound practice. The results of the study were used by NCBTMB to develop the new version of the NCE-level examination and guide professional development initiatives for which the content outline and eligibility criteria follow.